



Recycle After June

Herndon

PROGRAMS AND EVENTS GUIDE

COUNT ON US! Our Guide Has Something For Every Age And Every Interest.



SPRING 2013



www.herndon-va.gov

HOURS & FEES



TOWN OF Herndon PARKS & RECREATION

Herndon Community Center Hours

Daylight Savings Time Begins March 10

Monday-Friday6am-9:30pm
Saturday & Sunday7am-6pm
No admittance after 9:30pm
The building closes at 10pm

Holiday Hours

Easter Sunday,
March 3111am-6pm
Memorial Day Weekend,
May 25-26Regular Hours
Memorial Day,
May 278am-8pm

Parks & Recreation Office Hours

Monday-Friday8:30am-5:30pm
Office Closed – May 27

Address

Herndon Community Center
814 Ferndale Avenue
Herndon, VA 20170

Phone

703-787-7300

Fax
703-318-8652

Hearing Impaired Relay
1-800-828-1120 TDD

Website

www.herndon-va.gov

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Community Center Fees and Information

Discount Pass and Daily Admission Fee

The discount pass and daily admission fee for the facility includes:

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to any regularly scheduled land aerobics class (see class schedule on page 13)

Annual and 6-Month Pass Holders

- entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

All admissions and passes are nonrefundable.

Age Categories:

Youth	17 & under
Adult	18 & older
Seniors	65 & older
Children	Admitted free
under age 2	with a paying adult

Pool Use:

Children	must be accompanied
8 & under	by an adult

Gymnasium Use:

Youth	must be 12 & older
Youth Open Gym	weekends only
	age 8-11 must be
	accompanied by a
	paying adult

Fitness Room Use:

Youth Fitness Pass	age 12-15 must earn YFP
	age 12 & 13 must be
	accompanied by an adult

Locker Room Use:

Children	permitted in locker room
5 & under	of opposite sex

Family Locker	for parents with children
Rooms	over the age of 5,
	located in guard office

Admissions and Passes

*TOH-resident rate requires ID with address for every transaction.
All admissions and passes are nonrefundable.

Daily	TOH/NR
Adult	\$6.50/\$7.50
Senior	\$5.25/\$6.25
Youth	\$5.25/\$5.50

25-Admission Pass

Full Use	\$130/\$160
Senior	\$98.50/\$140.50
Youth	\$96.25/\$103.25

Monthly 30-Day Pass

Adult	\$52.50/\$70.25
Adult 2-Person Married	\$82/\$109.25
Youth Single	\$47.25/\$50
Senior Single	\$36.75/\$62
Senior 2-Person	\$57.50/\$96.25
Senior 2-Person Sr/Non Sr	\$70/\$100
Dependent Youth*	\$13.50/\$18

6-Month Pass¹

One session with a fitness trainer is included in the 6-month pass fee.

Adult - Resident	\$261.75/\$349
Adult 2-Person Married	\$411/\$548
Youth Single	\$215/\$307
Senior Single	\$215/\$307
Senior 2-Person Married	\$338/\$481.50
Senior 2-Person Sr/	
Non Sr - Resident	\$350.25/\$500.50
Dependent Youth - Resident*	\$65/\$86.50

Annual Pass^{1, 2}

Adult	\$470.25/\$627
Adult 2-Person Married	\$739/\$985.25
Senior/Youth Single	\$329.25/\$551.75
Senior 2-Person Married	\$517.25/\$866.75
Senior 2-Person Sr/Non Sr	\$630/\$900
Dependent Youth*	\$116.75/\$155.75

*with paid adult pass

¹ One complimentary session with a fitness trainer is included for annual and 6-month pass holders.

² Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).



A Nationally Accredited
Agency Since 2006
"Herndon is Meeting and
Exceeding National Standards
in P & R Administration"



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Mission Statement

"Promoting a sense of community and enriching the quality of life." The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

Herndon Parks and Recreation Department Sponsors

The following companies are being recognized for supporting our department programs and events.

A special thanks to:

Silver: TD Bank

Bronze: Gutter Helmet and Northwest Federal Credit Union

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

Racquetball, Badminton, Table Tennis & Wallyball

Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

Badminton and Wallyball rentals are two hour sessions. The courts can also be reserved for table tennis. Racquetball, badminton and table tennis reservations are in one hour sessions.

Prime Time

\$4 per hour + racquetball and badminton admission fee per player.
\$3.50 per session wallyball.

Non-Prime Time

\$2 per hour + racquetball and badminton admission fee per player.
\$2 per session wallyball.

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, February 13 at HCC.
- Registration for all non-Town of Herndon residents will open at 10am on Tuesday, February 19 at HCC.

Starting on these dates, you will be able to register online, or in person ONLY for the Spring 2013 registration.

Please see "Registration Information" on pages 30 and 31 for more information.

Outdoor Weather Policy

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/Classes are scheduled for make-ups by the program supervisor. Drop-in classes that are included with the community center's admission fee are not rescheduled.

Town of Herndon Town Council

Lisa C. Merkel, Mayor

Connie Haines Hutchinson,
Vice Mayor

C. Melissa Jonas, Councilmember

David A. Kirby, Councilmember

Sheila A. Olem, Councilmember

Charles D. Waddell, Councilmember

Grace Han Wolf, Councilmember

Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director

Ann Marie Heiser, Deputy Director

Nancy Burke, Administrative Assistant

Lori Rowland, Office Assistant

Vacant, Office Assistant

Cynthia Hoftiezer,
Projects Coordinator

Jacqui Mathews, Marketing Specialist

Kerstin Severin,
Aquatic Services Manager

Drew Kreutter,
Pool Operations Manager

Bruce Andersen, Swim Team Coach

Kevin Breza,
Aquatics Program Assistant

Ron Tillman,
Community Center Manager

Andy Chevalier,
Assistant Community Center
Manager

Bob Hilferty, Indoor Tennis Manager

Julie Foechterle, Preschool Director

Recreation Services Supervisors

Tom Milenkevich, Fitness

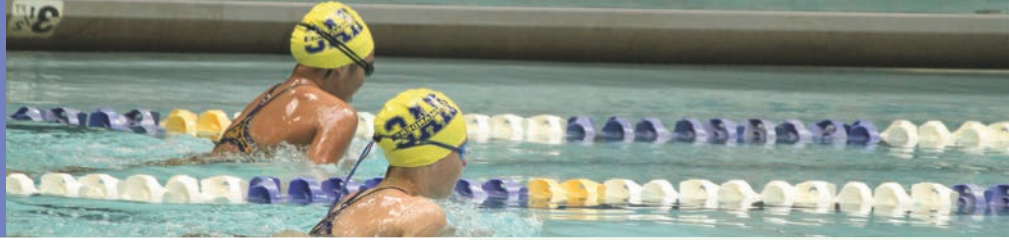
Holly Popple, Performing Arts

Thomas Schoenauer,
Wellness, Sports & Community
Events

Ann Skildum,
Special Interest, Arts & Crafts

Dave Zakrzewski,
Sports & Community Events

AQUATICS



Wacky Wednesday

Age 5 & under

Come join us in the pool for great fun and games for the younger crowd.

Children not enrolled in full-day school programs (kindergarten and younger) may participate. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool. **Noon–3pm**
\$5 parent/child
\$2 each additional child

“Design a Class!”

Have you been unable to be placed in a swim class of your choice? Do you and your friends have free time during weekday afternoons from 12–3pm? Then it's time to “Design a Class”! Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule. For more information, contact Kerstin Severin at **703-435-6800 x2128**.

Aquatics Classes Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

The pool is open only to lap swimmers age 13 and up and scheduled swim lessons on Saturday and Sunday mornings until noon.

Free swim evaluations available!

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at **703-435-6800 x2128** to schedule an evaluation at no charge.

Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Virginia Swims (VSAG) Swimming Guidelines

Preschooler 1 (formerly Starfish)

No experience necessary but must be able to:

- Separate from parent
- Follow directions in a group setting

Preschooler 2 (formerly Seahorse)

Successful completion of Preschooler 1 or ability to:

- Put face in the water 2 times
- Blow bubbles for 3 seconds
- Assisted front glide w/ kick 2 yards
- Assisted back glide w/ kick 2 yards
- Float on front and back with assistance 5 seconds
- Roll over front to back with assistance

Preschooler 3

(formerly Otters - beginning)

Successful completion of Preschooler 2 or ability to:

- Float on front and back independently
- Jump to instructor and return to the side
- Retrieve objects in shallow water
- Bob 5 times completely submerging with bubbles
- Swim with arm stroke and kick on front and back 5 yards

Preschooler 4

(formerly Otters - advanced)

Successful completion of Preschooler 3 or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with rotary breathing
- Elementary backstroke 5 yards
- Back crawl 5 yards
- Retrieve multiple objects in chest-deep water
- Tread water for 5 seconds

Preschooler 5 (formerly Manatees)

Successful completion of Preschooler 4 or ability to:

- Front crawl 25 yards with rotary breathing
- Elementary backstroke 15 yards
- Back crawl 10 yards
- Breaststroke 10 yards
- Swim underwater 3 yards
- Tread water for 20 seconds in deep water
- Sitting, kneeling and standing dives

Preschooler 6 (formerly Sharks)

Successful completion of Preschooler 5 or ability to:

- Front crawl 25 yards with bilateral breathing
- Elementary backstroke 25 yards
- Back crawl 25 yards
- Breaststroke 15 yards
- Feet first surface dive
- Tread water for 30 seconds in deep water
- Racing dive with pull out

Swim 1 *No experience necessary but:*

- Must be able to participate in group setting

Swim 2 *Successful completion of Swimming 1 or the ability to:*

- Face in water and blow bubbles 3 seconds
- Submerge face 2 times in a row
- Float on front and back with assistance
- Kick and paddle on front and back with support



AQUATICS

Swim 3 Successful completion of Swimming 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Tread water for 15 seconds
- Combined stroke front and back 5 yards

Swim 4 Successful completion of Swimming 3 or the ability to:

- Front crawl with rotary breathing 15 yards
- Elementary backstroke 15 yards
- Back crawl 15 yards
- Swim underwater and retrieve objects
- Bob to safety in chest-deep water
- Tread water 15 seconds in deep water

Swim 5 Successful completion of Swimming 4 or the ability to:

- Tread water 30 seconds
- Front crawl 25 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke 15 yards
- Elementary backstroke 25 yards
- Swim underwater 3 yards
- Sitting, kneeling and standing dives

Swim 6 Successful completion of Swimming 5 or the ability to:

- Tread water 1 minute
- Front crawl 50 yards with bilateral breathing
- Back crawl 50 yards
- Breaststroke 50 yards
- Elementary backstroke 50 yards
- Open turn front, back and breast
- Racing dive

Float Night

Swampson will be out to play the third Friday of each month, from 6:30pm until closing. Play on Swampson and bring your floats and toys, and have fun with the whole family.

No classes March 25-31, May 25-27

Baby and Me Age 0-2

Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

Swim with parent
6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22
401100.10 M 10:30-10:55am

April 29-June 10
401100.11 M 10:30-10:55am

March 13-April 24
401100.30 W 10:30-10:55am

May 1-June 5
401100.31 W 10:30-10:55am

March 9-April 20
401100.60 Sa 9:30-9:55am

April 27-June 8
401100.61 Sa 9:30-9:55am

Toddler and Me Age 1-3

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

Swim with parent
6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22
401200.10 M 10-10:25am

April 29-June 10
401200.11 M 10-10:25am

March 13-April 24
401200.30 W 10-10:25am

May 1-June 5
401200.31 W 10-10:25am

March 9-April 20
401200.60 Sa 10-10:25am

401200.61 Sa 10:30-10:55am

April 27-June 8
401200.62 Sa 10-10:25am

401200.63 Sa 10:30-10:55am

Preschooler and Me Age 3-6

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

Swim with parent
6, 25 minute sessions TOH \$51/NR \$63

March 9-April 20
401300.60 Sa 9-9:25am

April 27-June 8
401300.61 Sa 9-9:25am

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.

Child's first water experience without parent
6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22
402100.10 M 9:30-9:55am

April 29-June 10
402100.14 M 9:30-9:55am

March 12-April 23
402100.20 Tu 10:30-10:55am

April 30-June 4
402100.23 Tu 10:30-10:55am

March 13-April 24
402100.30 W 9:30-9:55am

402100.31 W 1-1:25pm

May 1-June 5
402100.32 W 9:30-9:55am

402100.33 W 1-1:25pm

March 14-April 25
402100.40 Th 10:30-10:55am

May 2-June 6
402100.41 Th 10:30-10:55am

March 9-April 20
402100.60 Sa 8:30-8:55am

402100.61 Sa 9:30-9:55am

402100.62 Sa 11:30-11:55am

April 27-June 8
402100.63 Sa 8:30-8:55am

402100.64 Sa 9:30-9:55am

402100.65 Sa 11:30-11:55am

AQUATICS



8, 25 minute sessions TOH \$67/NR \$83

March 11-April 10

402100.11 M/W 6:30-6:55pm

April 15-May 8

402100.12 M/W 6:30-6:55pm

May 13-June 10

402100.15 M/W 6:30-6:55pm

March 12-April 11

402100.21 Tu/Th 7-7:25pm

April 16-May 9

402100.22 Tu/Th 7-7:25pm

May 14-June 6

402100.24 Tu/Th 7-7:25pm

10, 25 minute sessions TOH \$83/NR \$103

March 10-May 19

402100.70 Su 10-10:25am

Preschooler 1/2 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are required to watch class while sitting in the bleachers.

Child's first water experience without parent

6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22

402100.13 M 3-3:25pm

April 29-June 10

402100.16 M 3-3:25pm

March 8-April 19

402100.50 F 11:30-11:55am

May 3-June 7

402100.51 F 11:30-11:55am

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

Previous water experience required

6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22

402200.10 M 9-9:25am

April 29-June 10

402200.13 M 9-9:25am

March 12-April 23

402200.20 Tu 10-10:25am

April 30-June 4

402200.23 Tu 10-10:25am

March 13-April 24

402200.30 W 9-9:25am

402200.31 W 1:30-1:55pm

May 1-June 5

402200.32 W 9-9:25am

402200.33 W 1:30-1:55pm

March 14-April 25

402200.40 Th 10-10:25am

May 2-June 6

402200.41 Th 10-10:25am

March 9-April 20

402200.60 Sa 9-9:25am

402200.61 Sa 10-10:25am

April 27-June 8

402200.62 Sa 9-9:25am

402200.63 Sa 10-10:25am

8, 25 minute sessions TOH \$67/NR \$83

March 11-April 10

402200.11 M/W 7-7:25pm

April 15-May 8

402200.12 M/W 7-7:25pm

May 13-June 10

402200.14 M/W 7-7:25pm

March 12-April 11

402200.21 Tu/Th 6:30-6:55pm

April 16-May 9

402200.22 Tu/Th 6:30-6:55pm

May 14-June 6

402200.24 Tu/Th 6:30-6:55pm

10, 25 minute sessions TOH \$83/NR \$103

March 10-May 19

402200.70 Su 10:30-10:55am

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22

402300.10 M 10-10:25am

April 29-June 10

402300.13 M 10-10:25am

March 12-April 23

402300.20 Tu 9:30-9:55am

April 30-June 4

402300.23 Tu 9:30-9:55am

March 13-April 24

402300.30 W 10-10:25am

402300.31 W 2-2:25pm

May 1-June 5

402300.32 W 10-10:25am

402300.33 W 2-2:25pm

March 14-April 25

402300.40 Th 9:30-9:55am

May 2-June 6

402300.41 Th 9:30-9:55am

March 9-April 20

402300.60 Sa 10:30-10:55am

April 27-June 8

402300.61 Sa 10:30-10:55am

8, 25 minute sessions TOH \$67/NR \$83

March 11-April 10

402300.11 M/W 5-5:25pm

April 15-May 8

402300.12 M/W 5-5:25pm

May 13-June 10

402300.14 M/W 5-5:25pm

March 12-April 11

402300.21 Tu/Th 5:30-5:55pm

April 16-May 9

402300.22 Tu/Th 5:30-5:55pm

May 14-June 6

402300.24 Tu/Th 5:30-5:55pm

10, 25 minute sessions TOH \$83/NR \$103

March 10-May 19

402300.70 Su 11-11:25am

Preschooler 3/4 Age 4-6

Preschooler 3-4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute sessions TOH \$51/NR \$63

March 8-April 19

402300.50 F 12-12:25pm

May 3-June 7

402300.51 F 12-12:25pm

Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute sessions TOH \$51/NR \$63

March 11-April 22

402400.10 M 10:30-10:55am

April 29-June 10

402400.13 M 10:30-10:55am

March 12-April 23

402400.20 Tu 9-9:25am

April 30-June 4

402400.23 Tu 9-9:25am

March 13-April 24

402400.30 W 10:30-10:55am

402400.31 W 2:30-2:55pm



AQUATICS

May 1-June 5

402400.32	W	10:30-10:55am
402400.33	W	2:30-2:55pm

March 14-April 25

402400.40	Th	9-9:25am
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May 2-June 6

402400.41	Th	9-9:25am
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March 9-April 20

402400.60	Sa	11-11:25am
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April 27-June 8

402400.61	Sa	11-11:25am
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8, 25 minute sessions TOH \$67/NR \$83

March 11-April 10

402400.11	M/W	5:30-5:55pm
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April 15-May 8

402400.12	M/W	5:30-5:55pm
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May 13-June 10

402400.14	M/W	5:30-5:55pm
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March 12-April 11

402400.21	Tu/Th	6-6:25pm
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April 16-May 9

402400.22	Tu/Th	6-6:25pm
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May 14-June 6

402400.24	Tu/Th	6-6:25pm
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10, 25 minute sessions TOH \$83/NR \$103

March 10-May 19

402400.70	Su	9:30-9:55am
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Preschooler 5 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

6, 25 minute sessions TOH \$51/NR \$63

March 12-April 23

402500.20	Tu	11-11:25am
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April 30-June 4

402500.23	Tu	11-11:25am
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March 14-April 25

402500.40	Th	11-11:25am
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May 2-June 6

402500.41	Th	11-11:25am
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May 3-June 7

402500.51	F	12:30-12:55pm
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8, 25 minute sessions TOH \$67/NR \$83

March 11-April 10

402500.11	M/W	6-6:25pm
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April 15-May 8

402500.12	M/W	6-6:25pm
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May 13-June 10

402500.13	M/W	6-6:25pm
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March 12-April 11

402500.21	Tu/Th	5-5:25pm
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April 16-May 9

402500.22	Tu/Th	5-5:25pm
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May 14-June 6

402500.24	Tu/Th	5-5:25pm
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10, 25 minute sessions TOH \$83/NR \$103

March 10-May 19

402500.70	Su	11:30-11:55am
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Preschooler 5/6 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

6, 25 minute sessions TOH \$51/NR \$63

March 8-April 19

402500.50	F	12:30-12:55pm
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May 3-June 7

402500.51	F	12:30-12:55pm
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Swim 1 Age 6-12

This course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

6, 30 minute sessions TOH \$51/NR \$63

March 9-April 20

403110.60	Sa	11-11:30am
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April 27-June 8

403110.61	Sa	11-11:30am
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March 10-May 19

403110.70	Su	11:30am-12pm
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8, 30 minute sessions TOH \$67/NR \$83

March 11-April 10

403110.11	M/W	6-6:30pm
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April 15-May 8

403110.12	M/W	6-6:30pm
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May 13-June 10

403110.13	M/W	6-6:30pm
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March 12-April 11

403110.21	Tu/Th	5-5:30pm
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April 16-May 9

403110.22	Tu/Th	5-5:30pm
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May 14-June 6

403110.23	Tu/Th	5-5:30pm
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10, 30 minute sessions TOH \$83/NR \$103

March 10-May 19

403110.70	Su	11:30am-12pm
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Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

6, 30 minute sessions TOH \$51/NR \$63

March 9-April 20

403210.60	Sa	10:30-11am
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April 27-June 8

403210.61	Sa	10:30-11am
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March 10-May 19

403210.70	Su	11-11:30am
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8, 30 minute sessions TOH \$67/NR \$83

March 11-April 10

403210.11	M/W	6:30-7pm
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April 15-May 8

403210.12	M/W	6:30-7pm
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May 13-June 10

403210.13	M/W	6:30-7pm
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March 12-April 11

403210.21	Tu/Th	5:30-6pm
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April 16-May 9

403210.22	Tu/Th	5:30-6pm
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May 14-June 6

403210.23	Tu/Th	5:30-6pm
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10, 30 minute sessions TOH \$83/NR \$103

March 10-May 19

403210.70	Su	11-11:30am
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Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

6, 30 minute sessions TOH \$51/NR \$63

March 11-April 22

403310.13	M	4-4:30pm
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April 29-June 10

403310.15	M	4-4:30pm
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March 9-April 20

403310.60	Sa	10-10:30am
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April 27-June 8

403310.61	Sa	10-10:30am
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8, 30 minute sessions TOH \$67/NR \$83

March 11-April 10

403310.11	M/W	5:30-6pm
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April 15-May 8

403310.12	M/W	5:30-6pm
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AQUATICS



May 13-June 10	
403310.14 M/W	5:30-6pm
March 12-April 11	
403310.21 Tu/Th	6:30-7pm
April 16-May 9	
403310.22 Tu/Th	6:30-7pm
May 14-June 6	
403310.23 Tu/Th	6:30-7pm

10, 30 minute sessions TOH \$83/NR \$103

March 10-May 19	
403310.70 Su	10:30-11am

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are also introduced.

6, 30 minute sessions TOH \$51/NR \$63

March 11-April 22	
403410.13 M	3:30-4pm
April 29-June 10	
403410.15 M	3:30-4pm
March 9-April 20	
403410.60 Sa	9:30-10am
April 27-June 8	
403410.61 Sa	9:30-10am

8, 30 minute sessions TOH \$67/NR \$83

March 11-April 10	
403410.11 M/W	5-5:30pm
April 15-May 8	
403410.12 M/W	5-5:30pm
May 13-June 10	
403410.14 M/W	5-5:30pm
March 12-April 11	
403410.21 Tu/Th	6-6:30pm
April 16-May 9	
403410.22 Tu/Th	6-6:30pm
May 14-June 6	
403410.23 Tu/Th	6-6:30pm

10, 30 minute sessions TOH \$83/NR \$103

March 10-May 19	
403410.70 Su	10-10:30am

Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous Swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

6, 30 minute sessions TOH \$51/NR \$63

March 11-April 22	
403510.11 M	2:30-3pm

April 29-June 10	
403510.12 M	2:30-3pm

6, 45 minute sessions TOH \$74/NR \$92

March 9-April 20	
403510.60 Sa	8:45-9:30am
April 27-June 8	
403510.61 Sa	8:45-9:30am

Youth Developmental Workout

Age 12-15

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. All participants are invited to participate in a swim meet on May 18. Check in for the meet will begin at 5:30pm with warm ups at 6pm and events beginning at 6:30pm. Age 8 & under must swim 25 yards front crawl without stopping. Age 9-12 must swim 50 yards front crawl without stopping. Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping.

10, 45 minute sessions TOH \$113/NR \$141

March 11-May 20	
404110.11 M	2:15-3pm
March 9-May 18	
404110.60 Sa	11-11:45am
404110.61 Sa	11:45am-12:30pm
March 10-May 19	
404110.70 Su	11:30am-12:15pm
404110.71 Su	3-3:45pm
404110.72 Su	4:30-5:15pm
404110.73 Su	10:45-11:30am
404110.74 Su	3:45-4:30pm
404110.75 Su	5:15-6pm
404110.76 Su	10-10:45am

Diving Guidelines

Introduction to Diving

No previous diving experience necessary but must be able to:

- Be comfortable in deep water
- Swim 25 yards

Diving 1 Successful completion of

Introduction to Diving or the ability to:

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

Diving 2 Successful completion

of Diving 1 or the ability to:

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

Diving 3 Instructor permission and successful

completion of Diving 2 or the ability to:

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission is required

Introduction to Diving Age 5-12

This class teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

6, 30 minute sessions TOH \$51/NR \$63

March 12-April 23	
404510.20 Tu	5:15-5:45pm
April 30-June 4	
404510.21 Tu	5:15-5:45pm

10, 30 minute sessions TOH \$83/NR \$103

March 10-May 19	
404510.70 Su	3:45-4:15pm

Diving 1 Age 7-14

This class introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

6, 45 minute sessions TOH \$74/NR \$92

March 12-April 23	
404610.20 Tu	5:45-6:30pm
April 30-June 4	
404610.21 Tu	5:45-6:30pm

10, 45 minute sessions TOH \$122/NR \$152

March 10-May 19	
404610.70 Su	4:15-5pm



AQUATICS

Diving 2 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

6, 1 hour sessions TOH \$98/NR \$122

March 12-April 23

404710.20 Tu 7:30-8:30pm

April 30-June 4

404710.21 Tu 7:30-8:30pm

10, 1 hour sessions TOH \$162/NR \$202

March 10-May 19

404710.70 Su 5-6pm

Adapted Aquatics Beginner Age 5-16

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call Kerstin Severin at **703-435-6800 x2128** if you have any questions regarding this program. Parents may have to go in the water if there is a lack of volunteers.

6, 30 minute sessions TOH \$51/NR \$63

March 8-April 19

405110.50 F 4-4:30pm

405110.51 F 4:30-5pm

May 3-June 7

405110.52 F 4-4:30pm

405110.53 F 4:30-5pm

Adapted Aquatics Advanced

Age 5-16

For children with physical or mental disabilities who want to work on their swimming abilities. The advanced class is for children who have mastered basic front and back crawl skills, and need further development and refinement of their strokes. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call Kerstin Severin at **703-435-6800 x2128** if you have any questions regarding this program. Parents may have to go in the water if there is a lack of volunteers.

6, 30 minute sessions TOH \$51/NR \$63

March 8-April 19

405210.50 F 5-5:30pm

May 3-June 7

405210.51 F 5-5:30pm

Teen Beginner Age 13-17

If you are a teenager and you need to get comfortable in the water or learn the basic strokes in a relaxed, non-competitive environment, this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute sessions TOH \$74/NR \$92

March 9-April 20

406520.60 Sa 12-12:45pm

April 27-June 8

406520.61 Sa 12-12:45pm

Adult Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute sessions TOH \$74/NR \$92

March 11-April 22

406130.10 M 10:15-11am

April 29-June 10

406130.11 M 10:15-11am

March 9-April 20

406130.60 Sa 10:30-11:15am

April 27-June 8

406130.61 Sa 10:30-11:15am

Adult Advanced Beginner

Age 16 & up

This class is for students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

6, 45 minute sessions TOH \$74/NR \$92

March 9-April 20

406230.60 Sa 11:15am-12pm

April 27-June 8

406230.61 Sa 11:15am-12pm

Adult Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly will be introduced.

6, 45 minute sessions TOH \$74/NR \$92

March 11-April 22

406330.10 M 9:30-10:15am

April 29-June 10

406330.11 M 9:30-10:15am

March 9-April 20

406330.60 Sa 12:45-1:30pm

April 27-June 8

406330.61 Sa 12:45-1:30pm

Early Bird Energizer Age 16 & up

Start your day with this fun, high-intensity class that combines aerobic intervals with effective strength moves! This workout targets fat loss, muscle building and cardio endurance. Held in deep water, participants will wear ankle cuffs to provide buoyancy and resistance, while building a strong core. Participants must be comfortable in deep water.

24, 1 hour sessions TOH \$198/NR \$246

March 11-June 10

408130.10 M/W 6:30-7:30am

13, 1 hour sessions TOH \$110/NR \$136

March 8-June 7

408130.50 F 6:30-7:30am

Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

Featuring: party room, unlimited swimming, cake (ice cream or standard), drinks, pizza (optional), balloons and much more.

Call **703-787-7300**

for information on our specialty party packages!



AQUATICS



Power Splash Age 16 & up

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals, while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

13, 1 hour sessions TOH \$110/NR \$136

March 8-June 7

408230.50 F 8-9am

Therapeutic Water Workout

Age 16 & up

This is a low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber soled shoes are recommended.

24, 1 hour sessions TOH \$198/NR \$246

March 12-June 6

408330.20 Tu/Th 10-11am

Senior Water Aerobics Age 16 & up

This class is an exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber soled water shoes are strongly recommended.

24, 1 hour sessions TOH \$198/NR \$246

March 11-June 10

408440.10 M/W 9-10am

13, 1 hour sessions TOH \$110/NR \$136

March 8-June 7

408440.50 F 9-10am

Water Aerobics Age 16 & up

This is the total water workout. It combines both toning exercises, as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

24, 1 hour sessions TOH \$198/NR \$246

March 12-June 6

408530.20 Tu/Th 9:30-10:30am

Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water, as a portion of the workout is held in the 12 foot area.

24, 1 hour sessions TOH \$198/NR \$246

March 11-June 10

408630.10 M/W 8-9am

Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

24, 1 hour sessions TOH \$198/NR \$246

March 11-June 10

408730.10 M/W 6:30-7:30pm

March 12-June 6

408730.20 Tu/Th 8:30-9:30am

13, 1 hour sessions TOH \$110/NR \$136

March 9-June 8

408730.60 Sa 8-9am

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast-paced, high-intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

24, 1 hour sessions TOH \$198/NR \$246

March 11-June 10

408830.10 M/W 7:30-8:30pm

March 12-June 6

408830.20 Tu/Th 7:30-8:30am

408830.21 Tu/Th 6:30-7:30pm

Aqua Zumba Age 16 & up

Make a splash and join our "pool party" workout for all ages! Aqua Zumba is a safe, effective and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness disciplines.

12, 45 minute sessions TOH \$78/NR \$102

March 12-June 4

408930.20 Tu 12:15-1pm

Water Safety Instructor Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class, and complete a Water Safety precourse test. Students must attend all class sessions to pass this course! For more information, or to obtain a list of precourse skills, please call Kerstin Severin at **703-435-6800 x2128**.

407130.50 TOH \$286/NR \$346

5/10: 6-10pm; 5/11: 9am-5pm; 5/12: 1-6pm;

5/18: 9am-5pm; 5/19: 1-6pm

Lifeguard Training Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a precourse swimming test to remain in the course. The precourse test includes: a 300-yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water, and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

407230.60 TOH \$286/NR \$346

March 23 12-2pm

March 25-29 9am-5pm



WELLNESS

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 1 hour sessions TOH \$96/NR \$108

March 11-June 10 (No class 4/1, 5/27)

430040.10 M 10:30-11:30am

March 13-June 5 (No class 5/29)

430040.30 W 10:30-11:30am

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that use exercises, breathwork, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 1.5 hour sessions TOH \$108/NR \$144

March 11-June 10 (No class 4/1, 5/27)

430130.10 M 7-8:30pm

March 14-June 6 (No class 5/30)

430130.40 Th 7-8:30pm

Hatha Yoga Age 16 & up

This is a great class for those with limited experience, as well as the yoga practitioner who is ready to explore their edge. Class explores individual limits with a focus on alignment, while building strength and increasing participants' comfort level.

12, 1.5 hour sessions TOH \$108/NR \$144

March 10-June 9 (No class 3/31, 5/26)

430230.00 Su 2:45-4:15pm

Hatha Yoga For Beginners

Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

12, 1.5 hour sessions TOH \$108/NR \$144

March 10-June 9 (No class 3/31, 5/26)

430330.00 Su 1-2:30pm

Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. No senior discount.

12, 1 hour sessions TOH \$63/NR \$84

March 8-June 7 (No class 3/29, 5/24)

431030.50 F 11am-12pm

Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 1 hour sessions TOH \$96/NR \$128

March 12-June 4 (No class 5/28)

431130.20 Tu 6:30-7:30pm

March 9-June 8 (No class 3/30, 5/25)

431130.60 Sa 9:55-10:55am

Prenatal Yoga Age 18 & up

Prenatal yoga will help you through the journey of pregnancy, while improving flexibility, toning muscles, and providing natural relief from some of the common pregnancy discomforts. This class is tailored to the different needs of participants, and will help strengthen the pelvic floor, improve circulation, exercise the spine, and increase overall comfort. Breathing exercises and visualizations will help reduce stress, while reconnecting with yourself and your baby.

12, 1.25 hour sessions TOH \$108/NR \$144

March 10-June 2 (No class 3/31, 5/26)

431330.50 Su 4:30-5:45pm

Tai Chi Age 16 & up

Learn eight simple exercises distilled from the Tai Chi form that can help you gain strength, balance, and increased confidence of movement. Regular practice gives the practitioner "the strength of a lumberjack and the flexibility of a child," according to Professor Cheng Man Ch'ing, who brought the Yang Style short form of Tai Chi to the U.S. in the 1960s. No senior discount.

12, 1 hour sessions TOH \$120/NR \$160

March 8-June 7 (No class 3/29, 5/24)

431330.50 F 8:30-9:30am

Planning a Special Event or Meeting?

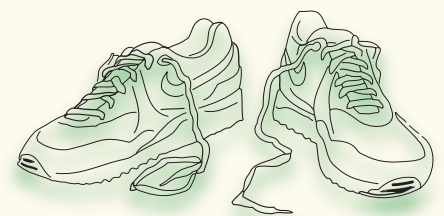
The Center can accommodate sit-down functions up to 375 people, or provide meeting space for up to 100, and has a warming/catering kitchen.

Call **703-787-7300** for information or to arrange a tour of our facilities.

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday-Friday 7-9am



GROUP EXERCISE



Spring group exercise schedule is March 9-June 16.

Group exercise and aerobic land classes* are exclusively part of your admission benefit. Purchase a multi-visit pass for the best rates, or pay the daily fee for the most flexibility to meet your fitness needs. Some classes may reach capacity or have limited specialty equipment available. See page 2 for details on becoming a pass holder, and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

*Unless otherwise noted, wellness programs are not included.

Babysitting is available during Kid Care hours at no additional charge. Advance reservations recommended, as space is limited.

Please consult your doctor prior to starting any exercise program.

Group Exercise classes are designed for ages 16 & up.

Please do not enter a class if arriving more than ten minutes past the scheduled start time.

HOOP DANCE

Age 13 & up

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout, while encouraging creative movement and expression. Provide your own adult-sized hoop or purchase one from the instructor.

13, 1 hour sessions TOH \$76/NR \$101

March 14-June 6

469930.40 Th 6:45-7:45pm

March 10-June 16 (No class 4/21)

469930.70 Su 2-3pm

No classes March 31, May 25-27

Amp'd Abs

Tone your abs with this challenging 30-minute workout! This class focuses on working muscles you never knew you had, while developing core strength that will support you in a wide variety of activities.

W 5:25-5:55pm

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:10-10:10am

Body Sculpt

Use a variety of equipment and techniques to sculpt your whole body by focusing on all major muscle groups. You will build and sculpt muscles, strengthen your core, and improve your strength and flexibility, while focusing on total-body health.

M 7:10-8:10pm

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

M/W/F 6-7am

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast!

Sa 8:45-9:45am

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

M 6:45-7:45pm

Tu/Th 9:30-10:30am

Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1pm

Kid Care **FREE!**

Take advantage of the free drop-off babysitting service, run by our friendly staff.

Morning:

Monday/Wednesday 9-11:30am;

Tuesday/Thursday 9am-12pm

Evening:

Monday/Tuesday/Thursday

5:30-8:15pm;

Wednesday 5-8pm

Children 12 months & older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool.

Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

GROUP EXERCISE

Step 'n' Abs

High energy step aerobics, followed by abdominal and core work, utilizing various gym equipment and your own body weight! This is a drop-in class. Please join us on any class day.

Su 11am-12pm

Step & Sculpt

Get the best of both worlds with forty minutes of calorie-burning step, sculpting and strengthening your muscles, and using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

Tu/Th 5:50-6:50pm

Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels.

Tu/Th 11am-12pm

Total Body Conditioning

This is a total-body-strength class, which includes balance, functional core stability and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga- and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total-body-strength workout to jump-start your metabolism!

M/W 6-7pm

Boot Camp for Women & Men

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability. Classes are sometimes held indoors in the event of inclement weather.

Locations: Check our updated listing on www.FIResults.com or call

1-877-62SHAPE (877-627-4273)

for more information. Guaranteed Results!

Held outdoors at Herndon Community Center.

Total Body Energizer

Get a fun total-body workout with emphasis on combination and functional movements. You will work all major muscle groups from head to toe using weights, bars, balls and bands. Appropriate for those looking for a challenging workout!

Su 9:30-10:30am

Tu 7-8pm

ZUMBA

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M 5:30-6:30pm

M 8:30-9:30pm

Tu 5:30-6:30pm

Tu 8:10-9:10pm

W 7-8am

W 5-6pm

W 7:10-8:10pm

Th 6-7am

Th 5:30-6:30pm

F 5:30-6:15pm

Sa 11:45am-12:45pm

ZUMBATOMIC

Age 8-12

Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness parties, packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

12, 1 hour sessions TOH \$90/NR \$120

March 11-June 3

426410.10 M 2-3pm

426410.11 M 3:10-4:10pm

SPRING 2013 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Body Tone	9:30-10:30am Cardio/Sculpt Interval	6-7am Body Tone	6-7am ZUMBA	6-7am Body Tone	
	9:10-10:10am Body Blaster Circuit	11am-12pm Strength & Sculpt	7-8am ZUMBA	9:30-10:30am Cardio/Sculpt Interval		
9:30-10:30am Total Body Energizer		12-1pm Dancercise*	9:10-10:10am Body Blaster Circuit	11am-12pm Strength & Sculpt		8:45-9:45am Cardio Blast
11am-12pm Step 'n' Abs	5:30-6:30pm ZUMBA	12:15-1pm Core Challenge		12-1pm Dancercise*		11:45am- 12:45pm ZUMBA
2-3pm Hoopdance*	6-7pm Total Body Conditioning	5:30-6:30pm ZUMBA	5-6pm ZUMBA	12:15-1pm Core Challenge	5:30-6:15pm ZUMBA	
	6:45-7:45pm Cardio/Sculpt Interval	5:50-6:50pm Step & Sculpt	5:25-5:55pm Amp'd Abs	5:30-6:30pm ZUMBA	7:30-8:30pm Shimmy Fit*	
	7:10-8:10pm Body Sculpt	7-8pm Total Body Energizer	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt		Drop-in classes pay general admission
Classes are not part of the drop-in fee	8:30-9:30pm ZUMBA	8:10-9:10pm ZUMBA	7:10-8:10pm ZUMBA	6:45-7:45pm Hoopdance		

FITNESS



NOI Indicates no online registration available.

The Training Studio

Experience a workout environment like no other! Small Group Personal Training classes and Personal Training are held in our private Training Studio (class schedule permitted). Along with newly installed, customized rubber flooring, the space is outfitted with the latest equipment and workout tools—all of which will boost your workout and your results. The Studio is private and open only to those enrolled in Personal Training or the Small Group classes.

CoreFit Age 16 & up

This 30-minute workout will target all of those little muscles in the core that are hard to hit with your normal workout. Through the use of body weights and training toys, you'll be fit to the core before you know it. To save class time, please warm up before class on your own. Register for both sessions and save 10%.

13, 30 minute sessions TOH \$49/NR \$65

March 11-June 10 (No class 5/27)

420130.10 M 6-6:30pm

March 13-June 5

420130.30 W 6-6:30pm

Power Walk! Age 16 & up

Join the walking phenomenon! Power walking is a great way to burn calories, get fit and lose weight. But there is more to it than just "walking faster." Learn correct techniques to increase speed, accelerate the caloric burn, and strengthen the muscles needed to do so. Discover the secrets of a great walking workout and the "magic number" that torches calories and optimizes health benefits. The class will include walking outdoors (rain or shine, so dress appropriately), plus strength training and stretching. For maximum benefit, you will be asked to practice several times a week on your own. Class will meet in the Community Center lobby.

13, 1 hour sessions TOH \$97.50/NR \$130

March 14-June 6

420230.40 Th 5:30-6:30pm

Fit Boxing Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life. Register for both sessions and save 10%.

13, 1 hour sessions TOH \$97.50/NR \$130

March 12-June 4

420330.20 Tu 8:30-9:30pm

March 14-June 6

420330.40 Th 8:30-9:30pm

Intervals for Weight Loss

Age 16 & up

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low-impact interval training class. Register for all three days and save 15%.

13, 1 hour sessions TOH \$97.50/NR \$130

March 11-June 10 (No class 5/27)

420530.10 M 6:30-7:30pm

March 13-June 5

420530.30 W 6:30-7:30pm

March 8-June 7

420530.50 F 6-7pm

14, 1 hour sessions TOH \$105/NR \$140

March 8-June 7

420530.50 F 6-7pm

Reach-the-Beach Fitness Challenge

Summer is just around the corner—and now is the time to start thinking about getting in shape for beach season! This Fitness Challenge will help inspire and guide you to achieve results. Your goal will be to (figuratively) travel to beach locations along the East Coast by accumulating points for your workouts and healthy eating. Points will be converted to miles and you will track your progress on map board in the Fitness Room. Weekly, we'll provide you with exercise and healthy eating goals, optional workout routines, new exercises and opportunities to score bonus points. Prizes awarded to top finishers, and event T-shirt to all participants.

March 11-May 17 TOH \$10/NR \$14
427030.10

**This is a self-paced workout plan and motivational program. You will exercise in the Fitness Room at days and times of your choosing. Must be pass-holder or pay regular admission rates to use the facility.*

Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total-body circuit, designed for a small group by our trainers. This 50-minute workout will give you enough time to get in and out, but will challenge you while you're here. Register for all three sessions and save 15%.

13, 50 minute sessions TOH \$84/NR \$111

March 11-June 10 (No class 5/27)

420730.10 M 12:05-12:55pm

March 13-June 5

420730.30 W 12:05-12:55pm

14, 50 minute sessions TOH \$90/NR \$119

March 8-June 7

420730.50 F 12:05-12:55pm

Moms in Motion Age 16 & up

We know it's hard for busy moms to find time for a workout—so let us help! Block the time on your calendar, bring your little ones to our free kid care service for an hour, and then join us for a little "me time." Enjoy a worry-free break from your kids, get a great workout, and you'll find yourself re-energized for the day ahead.

13, 45 minute sessions TOH \$84/NR \$111

March 12-June 4

420830.20 Tu 9:45-10:30am

March 14-June 6

420830.40 Th 9:45-10:30am

2013 Summer Camps

Over 30 camps offered in dance, sports, teens, preschool, technology, gymnastics, nature and a full-day camp.

Schedule available in February



FITNESS

Shape Up for Women Age 16 & up

Come shape up and get toned with our 60-minute workout just for women. Our trainers know what it takes to tone a woman's body, so expect results. We'll combine cardio and strength exercises to get a complete workout, with abs and stretching at the end. Register for two sessions and save 10%. Register for three or more and save 15%.

13, 1 hour sessions TOH \$97.50/NR \$130

March 11-June 10 (No class 5/27)

420930.11 M 10:30-11:30am

March 13-June 5

420930.30 W 6:15-7:15am

420930.31 W 10:30-11:30am

14, 1 hour sessions TOH \$105/NR \$140

March 8-June 7

420930.50 F 6:15-7:15am

420930.51 F 10:30-11:30am

Six Pack Abs Age 16 & up

Get rid of the fat on your stomach. To have visibly toned abs, you need to do intense cardio paired with abdominal strength exercises that target each of the abdominal muscles. Pair this tough workout with a healthy diet to see results! To save time, please warm up before class.

13, 30 minute sessions TOH \$49/NR \$65

March 12-June 4

421130.20 Tu 6:15-6:45pm

Stretch, Core and More Age 16 & up

For many of us, stretching is an afterthought and our "abs" work is merely crunches on the floor. Yet flexibility and core conditioning are both critical components of a workout and highly effective when applied properly. Class will incorporate "functional training" core work, stretching elements from yoga, sport performance, other muscle tone and lengthening exercises.

13, 50 minute sessions TOH \$84/NR \$111

March 14-June 6

421230.40 Th 7-7:50am

Tabata Boot Camp Age 16 & up

Join us for a "no-nonsense," high-intensity Saturday morning boot camp to kick start your weekend. This is a boot camp class like no other. It takes just 30 minutes to blast through this fun and challenging workout. Following the Tabata training system, each exercise will flow through a four-minute structured progression of high-energy bursts and rest intervals. Because of the intense nature of this class, it is recommended that participants warm up for at least five minutes on their own before class begins. The first class is an orientation that includes baseline measurements and skills introduction.

13, 30 minute sessions TOH \$49/NR \$65

March 9-June 8 (No class 5/25)

421330.60 Sa 8-8:30am

Tough Enough for Women

Age 16 & up

Tough Enough is for those looking for an extra workout challenge. Take your fitness to a whole new level with this focused and fun program! You'll have to work hard, but the result you'll achieve will be worth it. Save 10% when you sign up for both sessions.

13, 1 hour sessions TOH \$97.50/NR \$130

March 12-June 4

421430.20 Tu 5:30-6:30pm

March 14-June 6

421430.40 Th 5:30-6:30pm

Balance Training Age 45 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

13, 45 minute sessions TOH \$63/NR \$85

March 12-June 4

421730.20 Tu 10:30-11:15am

March 14-June 6

421730.40 Th 10:30-11:15am

Turn Back the Clock Age 45 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

13, 45 minute sessions TOH \$63/NR \$85

March 11-June 10 (No class 5/27)

421830.10 M 8:30-9:15am

March 13-June 5

421830.30 W 8:30-9:15am

20 POUND CHALLENGE

Age 18 & up

Challenge yourself to lose 20 pounds this spring. With the expertise of a nutritionist and a certified personal trainer, we'll help you achieve your goal. Complete the program and earn two complimentary 30-minute personal training sessions! Program requires a commitment to two meetings per week with the group, as well as work on your own. **You will meet with our nutritionist each Tuesday evening at 6:30pm.** Our nutritionist will give you a nutrition log and other tools you need for success. Please take a look below at the three options for your fitness class. With the fitness class, you will receive your fitness log and take part in a variety of activities; some of which will teach you workouts you can do at home.

22, 1 hour sessions TOH \$150/NR \$200

April 2-June 4

421030.20 Tu 12-1pm

April 4-June 6

421030.40 Th 12-1pm

April 4-June 6

421030.41 Th 6:30-7:30pm

FITNESS ROOM



Small Group Personal Training

Age 16 & up

Explore a new approach to fitness with our Small Group Personal Training (SGPT) programs. Merging the best of traditional group exercise and one-on-one personal training, SGPT offers many great benefits at an affordable rate. Experience the camaraderie and shared energy of the group exercise class setting, while more closely interfacing with a trainer as you would during a one-on-one. Enjoy a customized and progressive workout plan—geared to help you achieve greater results than you would on your own. With four-to-six participants sharing the cost, you'll be amazed at the low per-session rate paid for having an experienced, expert personal trainer guide you. Plus, our well-appointed Personal Training Studio provides an inspiring environment and the resources you'll need to succeed. The classes may be small, but your results and satisfaction will be immense! Offered in 12-week blocks, you can select your classes from a number of different days and times. Find what best fits your schedule; workout once a week or twice? Early morning or late afternoon, or perhaps a combination of days and times? And if you don't see a day and/or time that works for you or your group, give us a call (703-787-7300, and ask for the Fitness Specialist). We may be able to make special arrangements based on your request and availability.

11, 1 hour sessions TOH \$83/NR \$110
April 1-June 17 (No class 5/27)

422530.10 M 7:30-8:30am
422530.11 M 4:30-5:30pm

12, 1 hour sessions TOH \$90/NR \$120

April 2-June 18

422530.20 Tu 4:30-5:30pm

April 3-June 19

422530.30 W 7:30-8:30am

422530.31 W 4:30-5:30pm

April 4-June 20

422530.40 Th 4:30-5:30pm

Fitness Room Services

Fitness Room Orientation **FREE**

Age 14 & up

Get to know the Fitness Room better! Our fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Contact the Fitness Specialist at 703-787-7300 to schedule an appointment (subject to availability).

March 9-June 16

424730.99

Strength Circuit Age 44 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

13, 45 minute sessions TOH \$63/NR \$85

March 11-June 10 (No class 5/27)

421940.10 M 9:30-10:15am

March 12-June 4

421940.20 Tu 8-8:45am

March 14-June 6

421940.40 Th 9:30-10:15am

14, 1 hour sessions TOH \$68.50/NR \$91

March 8-June 7

421940.50 F 8-8:45am

Intro to Weight Lifting **NOL**

Age 12-15

This class is designed for adolescents who are interested in weight lifting. Learn basic exercise specific to body parts, weight lifting breathing techniques and how to track your own progress by recording your workouts. Students will earn a Youth Fitness Pass and be allowed to use the weight room, with successful completion of this course. Class consists of 6, 45-minute one-on-one sessions that work around your schedule. Contact the Fitness Specialist at 703-435-6800 x2127 to get registered.

6, 45 minute sessions TOH \$172/NR \$230

February 9-June 9

422120.00

2013 Summer Camps

Over 30 camps offered in dance, sports, teens, preschool, technology, gymnastics, nature and a full-day camp. Schedule available in February

SPRING 2013 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-10am Adult Basketball	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	8:30-11am Adult Volleyball
11:30am-1:30pm Youth Basketball	2:30-5:15pm Teen Open Gym	2:30-5:15pm Teen Open Gym	2:30-4:45pm Teen Open Gym	2:30-5:15pm Teen Open Gym	2:30-5:15pm Teen Open Gym	
2-4pm Adult Volleyball	8:30-10pm Adult Basketball		7:30-10pm Adult Volleyball		8:30-10pm Adult Basketball	

Youth = 17 years & under. Subject to change. Check monthly schedule.



FITNESS ROOM

Fit Moms

For any mom (at any life stage) who wants to get back into shape. Come pregnant, come alone or bring your children (age 4 weeks-5 years) and achieve your fitness goals in a fun, family atmosphere. Class combines aerobics, strength training, core, yoga, kickboxing, dance and more! Special modifications for beginners and pregnant participants. At the end of class, children are invited to the floor for core work and stretching with mom. No special stroller required, as long as your child can sit in it for the cardio portion of class.

12, 1 hour sessions TOH \$66/NR \$87

March 11-June 3 (No class 5/27)

428130.10 M 9:15-10:15am

March 13-May 29

428130.30 W 9:15-10:15am

March 8-May 24

428130.50 F 9:15-10:15am

Get in shape, exercise with friends and burn calories with your tots in tow.



ATHLETIC DEVELOPMENT & TEAM TRAINING

NOL

Our Athletic Development & Team Training Program offers both individual and group training systems designed to build, develop and maximize athletic and sport performance. Programs offered range from Base Level (general conditioning and foundation building) for beginners, through Peak Performance (Sport Specific) for more advanced athletes. Days, dates and times of sessions can be coordinated between our trainers and your athlete, team or coach. For more information, please call our Fitness Specialist at **703-787-7300** or e-mail tom.milenkevich@herndon-va.gov.



Personal Training

Age 14 & up

YOU SHOULD TRY PERSONAL TRAINING . . .

NOL

- . . . if you are not seeing results from your own workouts.
- . . . if you're new to exercise and don't know how to start.
- . . . if you've been using the same workout routine or program for more than three months.
- . . . if you need that extra challenge or motivation to improve.
- . . . if you have a specific illness, injury or medical condition to deal with.
- . . . if you are training for a sport, race or special life event.
- . . . if you want to learn how to exercise outside the gym, at home or when traveling.

WHAT YOU WILL GET FROM OUR PERSONAL TRAINERS . . .

- Customized, goal-oriented and progressive workout plans.
- Assessment/Measurement of your current (and future) fitness levels.
- Accountability to help you stick to the plan.
- Motivation to execute the plan to the best of your ability.
- Education on the how & why of exercise, to help make it a lasting part of your lifestyle.
- And most importantly . . . RESULTS!
- *Call **703-787-7300** and ask to speak to the training staff for more information.

Personal Training Rates

One-on-One Personal Training

TOH Resident/Non-Resident

1, 30 minute session	\$29/\$38
6, 30 minute sessions	\$146/\$195
10, 30 minute sessions	\$180/\$240
1, 45 minute session	\$38/\$50
6, 45 minute sessions	\$191/\$255
10, 45 minute sessions	\$282/\$375

Personal Training Starter Pack

3, 30 minute sessions TOH \$78/NR \$105
New Training Clients Only

Partner Personal Training

(per person rates)

2 Person Training	TOH Resident/Non-Resident
1, 45 minute session	\$24/\$32
8, 45 minute sessions	\$171/\$228

MARTIAL ARTS



Tae Kwon Do for Little Kids Age 3-6

In this child-friendly class, we teach children the basics of Tae Kwon Do, which includes kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. Each class will have new exercises to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee.

12, 30 minute sessions TOH \$108/NR \$144

March 15-June 7 (No class 3/29)

472000.50 F 6-6:30pm

March 16-June 15 (No class 3/30, 5/25)

472000.60 Sa 1:45-2:15pm

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him).

Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon.

Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

13, 1 hour sessions TOH \$78/NR \$104

March 13-June 12 (No class 3/27)

472110.40 W 6-7pm

Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 45 minute sessions TOH \$54/NR \$72

March 11-June 10

(No class 3/25, 5/24, 5/27)

472250.10 M 5-5:45pm

March 8-June 14

472250.50 F 7:05-7:50pm

Martial Arts Self-Defense Age 7-12

Students will learn the basics of Martial Arts Self-Defense through instruction provided by certified Black Belt instructors under the supervision of World Karate Hall of Fame Member, Master Adam Sterner. The class will include techniques on kicking, punching, blocking, and techniques to deter bullies. This class will help a child build their mental and physical self-confidence. Equipment may be purchased at first class for \$45.

12, 30 minute sessions TOH \$108/NR \$144

March 15-June 7 (No class 3/29)

472310.50 F 6:30-7pm

Kendo Intro Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body and spirit together as one. Introduction to Kendo emphasizes a strong understanding of Kendo basics, including etiquette, foot work and basic strikes. No prior experience necessary.

13, 1 hour sessions TOH \$40/NR \$50

March 10-June 16 (No class 3/31, 5/26)

472450.01 Su 10-11am

Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introduction class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class, teaching techniques for use in shinsa and shia. Anyone over 13, of any skill level, is welcome. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

13, 1.5 hour sessions TOH \$48/NR \$60

March 13-June 12

472550.30 W 8:20-9:50pm

March 10-June 16

(No class 3/31, 5/26)

472550.50 Su 11:15am-12:45pm

March 8-June 14 (No class 5/24)

472550.51 F 8:15-9:45pm

Register for two Kendo classes:

TOH \$80/NR \$100

Register for three Kendo classes:

TOH \$100/NR \$120

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent. Due to the emphasis on inward focus, it has been referred to as a moving zen.

Considered a complimentary discipline to kendo. Students of all skill and age levels are welcome. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

13, 1 hour sessions TOH \$32/NR \$42

March 10-June 16

(No class 3/31, 5/26)

472650.01 Su 10-11am

Fencing Age 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

12, 2 hour sessions TOH \$108/NR \$144

March 10-June 9 (No class 3/31, 5/26)

472750.01 Su 4-6pm



**39th Annual
National Volunteer Week
April 21-27, 2013**

**Thanks to each and
every volunteer
who has helped make
this year special
for someone else at the
Herndon Community Center.**



GYMNASTICS

No classes

March 25, 26, 28, 30, May 25, 27

The department offers a wide range of classes for boys and girls ages 2-13, with fundamental through advanced skills on gymnastic apparatus. Our program prides itself on being able to offer a positive, safe and fun gymnastics learning environment for your child. Participating in gymnastics develops self-esteem, discipline, determination and a sense of achievement.

Parent-Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

12, 45 minute sessions TOH \$72/NR \$96

March 11-June 10

470000.10 M 9:30-10:15am

March 12-June 4

470000.20 Tu 9:30-10:15am

March 14-June 6

470000.40 Th 9:30-10:15am

March 16-June 15

470000.60 Sa 9-9:45am

Munchkateers

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

Level 1 Age 3-4

12, 45 minute sessions TOH \$72/NR \$96

March 11-June 10

470100.10 M 10:30-11:15am

March 12-June 4

470100.20 Tu 10:30-11:15am

March 14-June 6

470100.40 Th 10:30-11:15am

March 16-June 15

470100.60 Sa 10-10:45am

470100.61 Sa 11-11:45am

Level 2 Age 4-6

12, 45 minute sessions TOH \$72/NR \$96

March 11-June 10

470200.10 M 11:30am-12:15pm

March 12-June 4

470200.20 Tu 11:30am-12:15pm

March 14-June 6

470200.40 Th 11:30am-12:15pm

March 16-June 15

470200.60 Sa 12-12:45pm

Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

12, 45 minute sessions TOH \$72/NR \$96

March 11-June 10

470310.10 M 1:45-2:30pm

470310.11 M 2:45-3:30pm

March 12-June 4

470310.20 Tu 4:15-5pm

March 14-June 6

470310.40 Th 4:15-5pm

March 16-June 15

470310.60 Sa 1-1:45pm

USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and correct form.

Level 1 Age 6-13

No experience necessary, but must be able to learn gymnastic terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

12, 1.5 hour sessions TOH \$108/NR \$144

March 11-June 10

470410.10 M 3:30-5pm

470410.12 M 5-6:30pm

March 12-June 4

470410.20 Tu 5-6:30pm

March 14-June 6

470410.40 Th 5-6:30pm

March 16-June 15

470410.60 Sa 2-3:30pm

Boys Level 1 Age 6-13

12, 45 minute sessions TOH \$72/NR \$96

470410.11 M 2:45-3:30pm

470410.21 Tu 4:15-5pm

Level 2 Age 6-13

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

12, 1.5 hour sessions TOH \$108/NR \$144

March 11-June 10

470510.10 M 3:30-5pm

470510.11 M 5-6:30pm

March 12-June 4

470510.20 Tu 5-6:30pm

March 14-June 6

470510.40 Th 5-6:30pm

March 16-June 15

470510.60 Sa 2-3:30pm

Level 3 Age 6-13

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

12, 1.5 hour sessions TOH \$108/NR \$144

March 11-June 10

470610.10 M 3:30-5pm

March 12-June 4

470610.20 Tu 5-6:30pm

GYMNASTICS/ DANCE



Adaptive Age 4-13

Children with disabilities learn basic gymnastics, fitness, movement and games in a safe environment, through music, obstacle fun and fitness activities. Participation will enhance movement, balance, coordination and socialization. Class provides safe instruction and builds confidence. Program is designed with an instructor to participant ratio of 1:2.

12, 45 minute sessions TOH \$36/NR \$48

March 16-June 15

470810.16	Sa	10-10:45am
470810.61	Sa	11-11:45am

Gymnastics Preschool Camp Age 3-5

This innovative movement program for children combines fitness, elementary gymnastics, games, and arts and crafts. The program develops your child's large motor coordination skills, strength, flexibility and imagination. Plus they will have a great time! Children should be ready for group instruction.

5, 3 hour sessions TOH \$68/NR \$90

June 17-June 21

470210.10	M-F	9am-12pm
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June 17-June 21

470210.11	M-F	1-4pm
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Dance

Whether you aspire to become a professional dancer or you just want to improve your coordination, get some exercise, or have some fun, there's something for everyone in the Parks and Recreation Department's dance program. The dance program offers complete training in a wide variety of dance disciplines and related movement for children, aged two years and up, beginners through advanced levels. All of our instructors are fully qualified professionals, possessing many years of teaching experience. All teachers are dedicated to creating a truly caring environment for the younger child and a more challenging curriculum for older students. Dancing is a great way for people of all ages to get and stay in shape, while inspiring a sense of well-being. From our tiniest ballerina to our belly dancers, dancing helps build flexibility, strength and endurance, and contributes to a positive outlook.

Youth

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute sessions TOH \$82/NR \$109

March 11-June 3 (No class 5/27)

441100.11	M	10-10:45am
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March 13-May 29

441100.31	W	10-10:45am
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March 9-June 8 (No class 3/30, 5/25)

441100.61	Sa	9:30-10:15am
441100.62	Sa	4-4:45pm

Ballet

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends.

12, 45 minute sessions TOH \$82/NR \$109

Beginner Age 3-5

March 11-June 3 (No class 5/27)

441210.11	M	10:45-11:30am
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March 12-May 28

441210.21	Tu	10-10:45am
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March 13-May 29

441210.31	W	11-11:45am
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March 9-June 8 (No class 3/30, 5/25)

441210.61	Sa	10:15-11am
441210.62	Sa	1:30-2:15pm

Ballet Technique Age 6-10

12, 1 hour sessions TOH \$82/NR \$109

March 11-June 3 (No class 5/27)

441010.11	M	2:30-3:30pm
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Beginner/Intermediate Age 4-6

1 session or 9 months experience required

March 9-June 8 (No class 3/30, 5/25)

441310.61	Sa	2:15-3pm
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Intermediate Age 3-5

1 session or 9 months experience required

March 11-June 3 (No class 5/27)

441410.11	M	11:30am-12:15pm
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March 12-May 28

441410.21	Tu	11-11:45am
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March 9-June 8 (No class 3/30, 5/25)

441410.61	Sa	11-11:45am
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Advanced Age 4-6

1 session or 9 months experience required

March 13-May 29

441610.31	W	12-12:45pm
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March 9-June 8 (No class 3/30, 5/25)

441610.62	Sa	11:45am-12:30pm
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Ballet/Tap/Jazz Age 6-10

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills. Two sessions experience needed.

12, 1 hour sessions TOH \$82/NR \$109

March 9-June 8 (No class 3/30, 5/25)

442610.61	Sa	3-4pm
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Combination Dance

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm, offering the student experience in tap, ballet and tumbling technique.

12, 1 hour sessions TOH \$82/NR \$109

Beginner Age 3-5

March 11-June 3 (No class 5/27)

444210.11	M	12:15-1:15pm
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March 14-May 30

444210.41	Th	10-11am
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March 9-June 8 (No class 3/30, 5/25)

444210.61	Sa	12:30-1:30pm
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Beginner Age 4-6

March 12-May 28

444210.21	Tu	5-6pm
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Beginner/Intermediate Age 6-10

March 11-June 3 (No class 5/27)

444510.12	M	3:30-4:30pm
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DANCE

Intermediate/Advanced Age 4-6

March 11-June 3 (No class 5/27)

444510.11 M 1:15-2:15pm

March 14-May 30

444510.41 Th 11am-12pm

Hip-Hop

This fun and upbeat style of dance focuses on coordination and strength. Hip-Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 1 hour sessions TOH \$82/NR \$109

Beginner Age 4-6

March 14-May 30

445310.41 Th 4:30-5:30pm

Intermediate Age 6-8

March 11-June 3 (No class 5/27)

445410.11 M 4:30-5:30pm

March 14-May 30

445410.41 Th 5:30-6:30pm

Intermediate/Advanced Age 8-12

March 13-May 29

445510.31 W 5-6pm

March 9-June 8 (No class 3/30, 5/25)

445510.61 Sa 4:45-5:45pm

2013 Summer Camps

Over 30 camps offered in dance, sports, teens, preschool, technology, gymnastics, nature and a full-day camp. Schedule available in February

Adult

Ballet Technique Age 16 & up

You will enjoy learning ballet, while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 1.5 hour sessions TOH \$126/NR \$168

March 12-May 28

441230.21 Tu 6:30-8pm

March 14-May 30

441230.41 Th 6:30-8pm

Belly Dance Age 16 & up

A fun, low-impact cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all-over flexibility, proper alignment and great body posture.

12, 1 hour sessions TOH \$82/NR \$109

March 11-June 3 (No class 5/27)

443230.11 M 6-7pm

443230.12 M 7-8pm

Latin Dance Age 16 & up

You will learn the basics in "Salsa and Merengue." Emphasis will be on the development of partnering skills, lead and follow, the basic principles of timing, as well as basic foot work and variations of simple turn patterns. Cha, Cha, Rumba, Tango and Salsa are covered. No experience needed.

12, 1 hour sessions TOH \$82/NR \$109

March 13-May 29

442230.41 W 8-9pm

Salsa Dance Age 16 & up

Learn the basic rhythm, step patterns and technique of this popular Latin dance. Whether you're looking to learn this dance for the first time or to brush up on some of the basics—this is the perfect class for you. No experience needed.

12, 1 hour sessions TOH \$82/NR \$109

March 13-May 29

441231.31 W 7-8pm

Swing Dance Age 16 & up

Learn to jump, jive and wail by learning the triple swing, single swing and East Coast swing. No experience needed.

12, 1 hour sessions TOH \$82/NR \$109

March 13-May 29

441130.31 W 6-7pm

Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderately-intense workout. Jazz shoes recommended. No experience needed.

24, 1 hour sessions TOH \$164/NR \$218

March 12-May 30

444030.21 Tu/Th 12-1pm

Shimmy Fit for Life Age 16 & up

Designed for fun, self-expression and a great workout. This class offers a low-impact total-body workout. Incorporating movement and music from a variety of traditional and contemporary Middle Eastern dances. No dance experience required.

12, 1 hour sessions TOH \$82/NR \$109

March 8-May 24

447230.51 F 7:30-8:30pm

ACRO Dance - SPRING Mini CAMP

Age 4-6

Learn dance technique in Jazz and Hip-Hop, work on basic tumbling, then choreograph it all together, add upbeat music and you have acro dance! Focus will be on flexibility, balance, muscle control and strength. Each day a craft will be made, and movies such as *Honey*, *Footloose* and *Stomp the Yard* will be shown. Director will inform parents when to bring bathing suit and towel. Bring a lunch daily—no peanut products. Wear dance attire with ballet or jazz shoes.

June 10-14
484410.11

TOH \$113/NR \$150
M-F 9am-2pm

OUTDOOR TENNIS



No classes May 25, 27

Tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories.

Completion of a session does not automatically qualify the student to advance to the next level of classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear only.

Youth Tennis

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment. Ages 9-15 play full court.

Pee Wee Age 4-5

8, 30 minute sessions TOH \$47/NR \$63

April 9-May 2

471000.20 Tu/Th 4-4:30pm
471000.21 Tu/Th 4:30-5pm

May 14-June 6

471000.22 Tu/Th 4-4:30pm
471000.23 Tu/Th 4:30-5pm

Beginner Age 6-8

8, 45 minute sessions TOH \$68/NR \$90

April 9-May 2

471110.20 Tu/Th 5-5:45pm

May 14-June 6

471110.21 Tu/Th 5-5:45pm

April 13-June 8

471110.60 Sa 9-9:45am

Advanced Beginner Age 6-8

8, 45 minute sessions TOH \$68/NR \$90

April 8-May 1

471111.10 M/W 5-5:45pm

May 13-June 10

471111.11 M/W 5-5:45pm

April 9-May 2

471111.20 Tu/Th 5-5:45pm

May 14-June 6

471111.21 Tu/Th 5-5:45pm

April 13-June 8

471111.60 Sa 10-10:45am

Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

April 9-May 2

471210.20 Tu/Th 6-7pm

May 14-June 6

471210.21 Tu/Th 6-7pm

April 13-June 8

471210.60 Sa 11am-12pm

Advanced Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471211.10 M/W 6-7pm

May 13-June 10

471211.11 M/W 6-7pm

April 9-May 2

471211.20 Tu/Th 6-7pm

May 14-June 6

471211.21 Tu/Th 6-7pm

Intermediate Age 11-15

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471213.10 M/W 7-8pm

May 13-June 10

471213.11 M/W 7-8pm

April 13-June 8

471213.60 Sa 11am-12pm

Advanced Age 12-15

8, 1 hour sessions TOH \$68/NR \$90

April 9-May 2

471214.20 Tu/Th 7-8pm

May 14-June 6

471214.21 Tu/Th 7-8pm

High School Level Age 14-17

8, 1 hour sessions TOH \$68/NR \$90

April 13-June 8

471315.20 Sa 12-1pm

Adult Tennis

Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471530.10 M/W 6-7pm

May 13-June 10

471530.11 M/W 6-7pm

April 13-June 8

471530.60 Sa 8-9am

Advanced Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471531.10 M/W 7-8pm

May 13-June 10

471531.11 M/W 7-8pm

April 13-June 8

471531.60 Sa 9-10am

Intermediate Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471532.10 M/W 8-9pm

May 13-June 10

471532.11 M/W 8-9pm

April 13-June 8

471532.60 Sa 10-11am

Doubles Play Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471534.10 M/W 10-11am

May 13-June 10

471534.11 M/W 10-11am

Tennis Cardio Age 16 & up

This program includes a short dynamic warm-up, a drill-based workout, and a cool-down phase. Each one has drills specifically designed to be fun, challenging and to get you moving. You will hit forehands, backhands and volleys. However, this is not about making you a great player. First and foremost, Tennis Fitness is a great workout. You run, you hit balls, you jump, you recover, and you have fun.

8, 1 hour sessions TOH \$68/NR \$90

April 8-May 1

471535.10 M/W 9-10am

May 13-June 10

471535.11 M/W 9-10am

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.



SPECIAL EVENTS

Aqua Egg Hunt

Saturday, March 23
Herndon Community Center Pool

Join us for our Fourth Annual Aqua Egg Hunt! Children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize! A grand prize will be awarded to whoever collects the most eggs in each group. Please be aware of the group selected when registering, and arrive early to sign in and receive your egg collecting bag. After the hunt, families may stay for open swim, which will begin approximately at 4pm. Swim attire is required. No mesh shorts are allowed in the pool. Children, 6 years and under, must be accompanied by a parent in the water. The event is popular, so it is highly recommended that you preregister. Each group is limited to 30 children. \$10 fee includes one parent and one child.

6 years and under

409210.60 1:30-1:40pm

6 years and under

409210.61 1:50-2pm

6 years and under

409210.62 2:10-2:20pm

7-8 year olds

409210.63 2:30-2:40pm

7-8 year olds

409210.64 2:50-3pm

9-10 year olds

409210.65 3:10-3:20pm

11-12 year olds

409210.66 3:30-3:40pm



10th Annual

Kids Trout Fishing Derby



Age 2-15

Start an annual family tradition and join us for this special day! Many families experienced a relaxing and successful day catching their first fish last year at this event. Limited fishing poles and bait are available for use. In addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy; no sandals. All kids MUST be accompanied by an adult. Event meets behind the Herndon Police Station on Sugarland Run Trail. Teens and adults, age 16 & up, MUST have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids' fishing time.

Registration fee is \$5 before March 9. Day of event registration is \$7, check or cash only.

March 9

450050.60 Sa 7am-12pm

Easter Egg Hunt

Rain or Shine

Herndon Municipal Center, 777 Lynn Street
Saturday, March 30

Join us for all the Eggccitement at the annual Easter Egg Hunt. As part of your registration, you and your child will enjoy games, the Hands on Art tent, the Tat Shack, a photo opportunity with the Easter Bunny and much more! Bring a basket or bag to collect your eggs! On-site registration is 8:30-9:30am.

\$7 Advance/\$9 On-site

Egg Hunt Times

5-7 years	454500.61	9:30am
3-4 years	454500.62	10:15am
Walking-2	454500.63	11am

25th Annual Sugarland Run & Runnymede Park Cleanup

Saturday, April 6 (Rain date: April 13) 8am-12pm

Sponsored by the Friends of Runnymede Park and the

Town of Herndon Departments of Community Development and Parks and Recreation. Choose between stream cleanup or native plant garden assignments. Meet at the main entrance at Runnymede Park. Bring work gloves and wear suitable clothing. To volunteer individually or as a group, contact the Town Forester at 703-435-6800 x2014.

Towne Square Singers Spring Concert

Join the Singers as they take you on a musical cruise, with songs from the Beach Boys to the South Pacific, and other Island tunes. Sail away with them with their beach-themed show. All performances are held at the Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive. Tickets are available at the Herndon Community Center or by calling 703-787-7300 for \$12.

May 3

445400.51 F 7:30-9pm

May 4

445400.62 Sa 7:30-9pm

May 5

445400.73 Su 2-3:30pm

SPRING BREAK CAMPS



Traveling Teens Age 12-17

Do not let your spring break go to waste, experience a new adventure each day! Camp requires independence, responsibility, and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes supervision, van transportation, and admissions. Bring a sack lunch, bathing suit and towel each day. Program meets 8:30am-5pm every day.

Paint Ball

March 25
480020.10 M TOH \$65/NR \$65

Spy Museum

March 26
480020.20 Tu TOH \$35/NR \$35

Laser Tag

March 27
480020.30 W TOH \$40/NR \$40

Grand Prix Go-Karts

March 28
480020.40 Th TOH \$70/NR \$70

Rebounderz Trampoline

March 29
480020.50 F TOH \$35/NR \$35

Spring Break Camp Age 6-11

Just what a parent needs when school is out for spring break! Everyone will experience crafts, sports, games and indoor swimming. Please wear appropriate clothing for these activities, and bring a full lunch with snack each day. Receive schedule for the week on the first day.

5, 10.5 hour sessions TOH \$94/NR \$125

March 25-29
480110.11 M-F 7:30am-6pm

Table Tennis Age 5-13

Improve your table tennis skills and have some fun! Participants will develop their hand-eye coordination, while learning the fundamentals of ping-pong! Participants will be divided into different age groups for instruction. A tournament will be played on the last day. Please bring a snack and drink each day, along with a bathing suit for swim time throughout the week.

5, 3 hour sessions TOH \$105/NR \$140

March 25-29
480150.00 M-F 9am-12pm

Basketball Age 7-12

Whether you're new to the game or simply looking to improve your skills, this is the perfect program for you. Emphasis will be placed on basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Instruction provided by Amazing Athletes.

5, 1.5 hour sessions TOH \$60/NR \$90

March 25-29
487210.10 M-F 10:35am-12:05pm

Multi-Sports Age 2-6

Amazing Athletes provides a unique, tried and proven, fun-filled sports program that incorporates physical fitness, muscle tone, and gross motor skills, while learning and playing in the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf and lacrosse. A fun and positive learning experience that will help your child develop the basic fundamentals of sports, as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique.

Age 2-3

5, 30 minute sessions TOH \$29/NR \$38

March 25-29
487510.10 M-F 9-9:30am

Age 4-6

5, 45 minute sessions TOH \$45/NR \$60

March 25-29
487510.11 M-F 9:40-10:25am

Acro/Gymnastics Age 5-12

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Each day, bring a bathing suit, towel, lunch, snack and a large T-shirt for crafts.

5, 6 hour sessions TOH \$135/NR \$180

March 25-29
488310.10 M-F 9am-3pm

Tennis Age 9-12

A great way for kids to spend their break outdoors learning tennis and having fun.

The camp will feature on- and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are also included. Students must provide their own racquet and a new can of balls. Campers should bring snack, lunch and bathing suit every day, in case of inclement weather during the session. Other sport activities such as racquetball, wallyball, swimming and table tennis will be included.

5, 7 hour sessions TOH \$162/NR \$216

March 25-29
488610.10 M-F 8:30am-3:30pm

Jr Lego Robotics Age 6-9

Powered by the LEGO® Education Wedo Base Set and Software, our Lego Robotics class combines the exciting world of Lego to manipulate and program your own personal robot. This class is tailored for younger children to learn the basics of visual programming, by creating commands with drag and-drop simplicity. Students will work together as a small team of young engineers to build and then program their designs. This class is great for children who are hands-on, and like working together in teams.

5, 3 hour sessions TOH \$199/NR \$248

March 25-29
480010.01 M-F 9am-12pm

3-D Game Design Age 8-11

Specifically designed for young children to cultivate their interest to become game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting-edge computer skills through the fun art of 3-D Game Design. Basic 3-D modeling skills will be used to create their very own platform-based video game. Students will learn how to add characters, customize game attributes and build their own virtual world from scratch. By the end of the session, students will have a fully functional level, and will receive a link to download the software and student levels. Class is great for new or returning students, as the material is different from our other Game Design classes.

5, 3 hour sessions TOH \$199/NR \$248

March 25-29
480210.01 M-F 1-4pm



SPORTS

Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes, and fun games are adapted to incorporate a soccer ball and basic motor skills development. Kid-friendly curriculum is used to ensure kids are having an absolute blast, while developing essential physical skills. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute sessions TOH \$48/NR \$64

March 16-May 4 Age 2-3

473000.52 Sa 9:20-9:50am

473000.53 Sa 9:55-10:25am

473000.54 Sa 10:30-11am

March 16-May 4 Age 4-5

473000.55 Sa 11:10-11:40am

Nova Legends Soccer Age 6-10

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology.

8, 45 minute sessions TOH \$70/NR \$94

March 16-May 4

473110.50 Sa 11:45am-12:30pm

Sports and Games Age 4-5

Fundamentals of team sports including soccer, basketball, hockey and volleyball are introduced in a safe, fun environment. Children have the opportunity to release some energy and socialize with other children. Sportsmanship, teamwork, sharing and consideration for others will be stressed. Instruction provided by All Kids Sports & Games, LLC.

8, 1 hour sessions TOH \$79/NR \$103

March 19-May 14 (No class 3/26)

474000.20 Tu 10-11am

March 20-May 15 (No class 3/27)

474000.30 W 12-1pm

Floorball Age 9-14

Floorball is a fast-paced stick and ball sport that is safe, fun, inclusive and easy to learn. Play centers around ball control, quick passing and lots of running. Come learn the basics or come to improve your existing set of stick skills.

8, 1 hour sessions TOH \$48/NR \$64

March 13-May 8 (No class 3/27)

477020.30 W 5:30-6:30pm

Pickleball Age 50 & up

It's contagious! It's fun! You'll get hooked! Great workout! Open pickleball now going on at the Herndon Community Center.

Pickleball is a great way to meet new people and play a game that is right for a variety of skill levels. It is a fun, easy sport to learn! Come swing a paddle with us and enjoy one of the fastest-growing sports in America.

Pickleball is a sport described as "a combination of ping-pong, tennis and badminton." The sport is played on a court with the same dimensions as a badminton court. The net is lower than most other racquet sports, allowing for faster play. The game is played with a hard paddle and a Wiffle ball, making the technique required for pickleball different than other sports.

Equipment provided.

4, 1 hour sessions TOH \$18/NR \$24

April 5-26

477140.01 F 10-11am

Racquetball League Age 18 & up

Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs will follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to be used during the regular season. The registration deadline is Friday, March 8th. The first week of play begins on Sunday, March 17th. League director reserves the right to combine divisions if necessary. For more information, please call **703-435-6800 x2109**. TOH \$50/NR \$66

March 8-June 10

Beginner 478030.10

Intermediate 478030.20

Advanced 478030.30

Skateboarding Age 9-12

Do you want to increase your confidence and skateboarding skills? You will be introduced to the fundamentals of street and ramp skating. Learn pushing, tacking, riding, regular, fakie, rock-to-fakie, switch turns, ollie, dropping in on ramps, skate park etiquette and riding within one's ability. Participant needs skateboard and helmet. Held at Trailside Park, Crestview Drive.

5, 1 hour sessions

5-6pm

TOH \$53/NR \$70

Level 1

Instructor(s) will work with various beginner levels.

April 2-30

479010.20 Tu

April 3-May 1

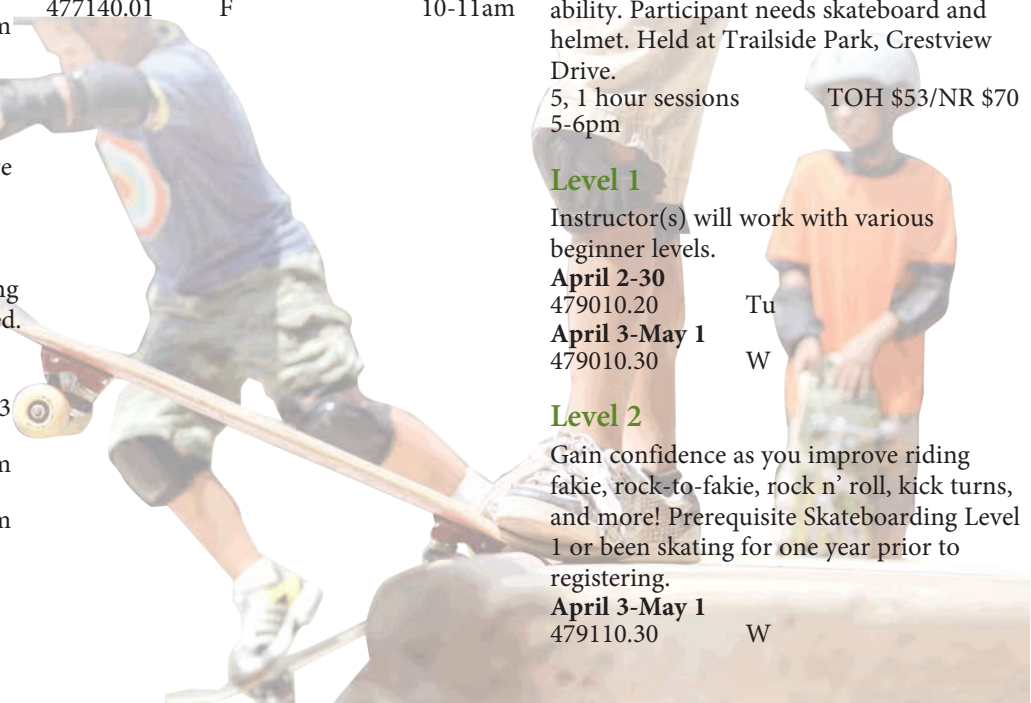
479010.30 W

Level 2

Gain confidence as you improve riding fakie, rock-to-fakie, rock n' roll, kick turns, and more! Prerequisite Skateboarding Level 1 or been skating for one year prior to registering.

April 3-May 1

479110.30 W



SPECIAL INTEREST



Group Acoustic Guitar

First, you'll get to know all the parts of your guitar, from frets to strings, and learn how to tune your instrument. After that, you'll explore the fundamentals of music notation and find out how to produce clear, beautiful notes and chords. You'll also discover how to control your rhythm, tempo, and volume. Students must provide their own instrument; classical or acoustic guitars only. You'll make rapid progress, as you follow a carefully planned practice schedule that reinforces each new skill you learn.

Youth Beginner Age 7-11

Want to be a guitar virtuoso or just learn how to play some beautiful music on the guitar? Learn proper beginning guitar technique using fingerpicking style, how to read and play standard guitar music notation and basic meters and rhythm. No experience necessary.

12, 55 minute sessions TOH \$120/NR \$160

March 11-June 3 (No class 5/27)

446210.11 M 6-6:55pm

Adult Beginner Age 16 & up

Learn to play guitar and become the musician you've always wanted to be! In these fun and informative lessons, you'll build basic guitar skills step-by-step with the help of hands-on exercises and detailed illustrations. No experience necessary.

12, 55 minute sessions TOH \$120/NR \$160

March 12-June 3 (No class 5/27)

446230.11 M 7-7:55pm

Private Lessons Age 7 & up

Whether you're a beginner or an intermediate guitar player, these lessons will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a skilled guitar player. Students must provide their own classical or acoustic guitar. Private instruction will proceed at your pace. If you are interested, call our office at **703-435-6800 x2120** to leave your name and contact number. The instructor will contact you to confirm a time and then you may register for the class.

12, 40 minute sessions TOH \$258/NR \$345

March 11-June 10

446950.00

Chess Age 8-12

Learn to play Chess. Playing chess helps build critical thinking skills: concentration, determining and considering options, and decision-making. With Seymour Samet's instruction, you will learn how to play, and the strategy and tactics of chess. Chess sets will be provided. Student will learn the following: parts of the chessboard; how the chessmen move and capture; rules of castling; the difference between check, checkmate and stalemate; how to checkmate the lone King; and how to keep score.

8, 1.25 hour sessions TOH \$65/NR \$87

Beginner

March 9-April 27

460100.61 Sa 9:30-10:45am

Intermediate

March 9-April 27

460100.62 Sa 11am-12:15pm

Intro to Digital Photography

Age 16 & up

You will be shown what all the dials, buttons, switches and menu items on your digital camera do for you. Learn how to optimize your photographs, and archive them for storage and display. Also learn how to integrate your photos into email, web pages and digital files.

8, 1.5 hour sessions TOH \$71/NR \$94

March 13-May 1

460130.31 W 7-8:30pm

CPR and AED for Adult,

Child and Infant Age 12 & up

Participants are taught by an American Heart Association certified instructor, the basics of CPR for Adults, Children and Infants. Instruction on AED use is also included. **Registration deadline is Thursday, May 16.**

1, 3 hour session TOH \$60/NR \$60

May 19

460250.01 Su 2-5pm

Kiddie Play Zone Age 1-5

Bring your toddler, and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

12, 1 hour sessions TOH \$40/NR \$40

March 13-June 5 (No class 3/27)

469800.30 W 10:30-11:30am

Kid's Night Out Age 5-11

Take the night off while your child has some fun with their friends at our newly updated themed Kid's Night Out. Children will enjoy a pizza or sub dinner, watch a movie and participate in games and other activities all incorporating that night's theme! This is not a drop-in program. Participants must be registered by 4pm on the day of the event. Program meets on Fridays, 6:30-10pm at the Herndon Community Center.

1, 3.5 hour session TOH \$15/NR \$15

March 8

460010.50

Rock On!

April 5

460010.51

Pirate Party

May 3

460010.52

Surf's Up

June 7

460010.53

Summer Nights



ARTS & CRAFTS

Pottery

Youth Pottery Age 10-12

Explore your creativity, while learning wheel and hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials. 6, 1.5 hour sessions TOH \$90/NR \$120

March 13-April 24 (No class 3/27)

410110.31 W 4:30-6pm

Hand Built Pottery Age 16 & up

All skill levels will explore hand-building techniques, including pinch, coil and slab methods. Using a variety of unique tools, students will create an array of projects, and learn glazing techniques. Examples include trays, vases and birdhouses.

8, 2.5 hour sessions TOH \$141/NR \$188

March 21-May 16 (No class 3/28)

410140.31 Th 10am-12:30pm

Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased. 8, 2.5 hour sessions TOH \$141/NR \$188

March 18-May 13 (No class 3/25)

410150.11 M 6:30-9pm

Beginning Wheel II Age 16 & up

This class is for students with previous wheel experience. The class will focus on perfecting throwing skills, using larger amounts of clay to create decorative forms. Use of tools and 25 lbs. of clay included.

8, 2.5 hour sessions TOH \$141/NR \$188

March 20-May 15 (No class 3/27)

410150.31 W 6:30-9pm

Lassie Corbett's Art Classes

Classes listed below are taught by Lassie. For a complete list of art supplies needed, visit www.lassiecorbettart.com.

No senior discounts given for Lassie's classes.

Beginning Watercolor Age 16 & up

This course covers the basic techniques and concepts necessary to paint with watercolors successfully. We will continue learning some of the "tricks" of the medium, using flowers and spring landscapes as subjects. Composition will be stressed. There will be weekly demonstrations.

7, 2 hour sessions TOH \$121/NR \$161

April 16-May 28

410350.20 Tu 1-3pm

Drawing for Pleasure Age 12 & up

Drawing is an important basis for painting. Increase your drawing skills, learning many of the little tricks which help with drawing accurately. We will do right brain exercises, review simple perspective, and learn to look for values and underlying basic shapes. We will continue learning to draw faces, and a variety of new subjects. For beginning and returning students.

7, 1.5 hour sessions TOH \$91/NR \$121

April 16-May 28

416250.41 Tu 4-5:30pm

Explorations in Watercolor

Age 16 & up

Explore the delights of working with the water media of your choice. Although most of the demonstrations will be in watercolor, you may choose to work in acrylics or mixed media. The lessons will emphasize composition and creating a dramatic space with paint.

7, 2 hour sessions TOH \$121/NR \$161

April 16-May 28

410130.21 Tu 7-9pm

Pen Ink and Watercolor Age 12-16

Students will increase drawing skills, working with pen and ink and ink washes. Once values are established, we will overlay with watercolor. This is a good way to accomplish good skills in both drawing and watercolor for further studies.

7, 1.5 hour sessions TOH \$91/NR \$121

April 18-May 30

410520.41 Th 4-5:30pm

Chinese Brush Painting Age 18 & up

Beginners will learn basic strokes, which are useful to know in any medium, while learning to paint the chrysanthemum, bamboo, plum blossoms and Chinese orchids. Continuing students will work on a variety of subjects and landscapes.

7, 2 hour sessions TOH \$121/NR \$161

April 18-May 30

410430.41 Th 1-3pm

Multi-Level Knitting

Age 18 & up

Join us for a multi-level knitting class, which will cover the very basic skills up through more advanced knitting techniques, including knitting in-the-round, cable, lace stitches, color work and entrelac. All these skills and more will be learned through creating various projects such as sweaters, hats, mittens, scarves and more.

8, 2 hour sessions TOH \$65/NR \$81

March 19-May 14 (No class 3/26)

410230.21 Tu 10am-12pm

ARTS & CRAFTS



We Love Art Age 3-8

Instructor Julie Brunson gently guides your child's creativity in this fun and motivating art class. Explore a palette of projects that include seasonal art, paint, crayons, markers, collage, recycled materials and more. Each week two to three art projects will be presented, then children can work at their own pace to create a masterpiece. Please have an adult with your child if they are 3 or 4 years old. Have your child wear old clothes.

4, 1 hour sessions TOH \$60/NR \$80

March 11-April 8 (No class 3/25)

410310.10 M 3-4pm

April 22-May 13

410310.12 M 3-4pm

Art Enrichment

Abrakadoodle is the mobile multicultural art education program for children. It is an adventure in visual art, using various medium, paint, oil, pastel, watercolor, sculpture and many more. Abrakadoodle provides a positive environment in which there is no wrong answer. We tickle the minds of children to become creative thinkers. Our goal is to make the children feel proud as an accomplished individual and let them express themselves in their own words.

8, 45 minute sessions TOH \$88/NR \$117

Age 2.5-3

March 11-May 6 (No class 3/25)

410600.11 M 10-10:45am

March 13-May 8 (No class 3/27)

410600.13 W 10-10:45am

Age 3-5

March 11-May 6 (No class 3/25)

410600.12 M 11-11:45am

March 13-May 8 (No class 3/27)

410600.14 W 11-11:45am

Art in Hand

Creativity will blossom this spring in the parent/child class specially designed for the youngest artists. Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction, inspired by the colors and textures of the season. Our

development approach will stimulate the senses, spark imaginations and support emerging language, social and problem-solving skills. Most of all, tots and their grown-ups can be creative, have fun and make a mess away from home.
12, 45 minute sessions TOH \$162/NR \$216

Tots 18 months-3 years old

March 8-June 7 (No class 3/29, 5/31)

410400.51 F 10:15-11am

Preschoolers 2-6 years

March 8-June 7 (No class 3/29, 5/31)

410401.51 F 11:15-12pm

Nature

Little Nature Inspectors Age 4-6

A hands-on approach to teaching environmental education to young children. Each class includes child-safe experiments and plenty of take homes to reinforce each lesson. Designed to increase children's imagination, curiosity, and exposure to our natural world and our web of life. March classes meet at the Herndon Community Center; April and May classes meet at Runnymede Park. Program meets on Tuesday, 4-5pm.

3, 1 hour sessions TOH \$44/NR \$44

Radical Reptiles and Amazing Amphibians

From the prehistoric dinosaurs to the local box turtles, we will open your mind and eyes to the world of unusual creatures.

March 12, 19, 26

460110.50

Creek and Stream Investigators

Jump into the world of creek critters and macro-invertebrates, and learn how to study and evaluate water quality.

April 16, 23, 30

460110.51

Can you Dig It!

What's lurking under that log? Bury your brain in knowledge of the underground kind, and discover who makes some tasty soil, who lives in it and who grows it.

May 7, 14, 21

460110.52

Landscape Workshop Age 16 & up

Town of Herndon's own Community Forester will lead this workshop, where you will learn some of the important environmental aspects of a good landscape. From plant care and selection to efficient watering, this workshop will assist you in choosing, planting and caring for trees, shrubs and other flora. Receive a free tree seedling. Held at the Herndon Community Center.

1, 2 hour session

TOH \$5/NR \$5

March 16

460230.60 Sa

9-11am

Rambles in Runnymede Age 8 & up

A natural discovery series designed to provide an up-close-and-personal look at Runnymede Park. A trained naturalist will begin each ramble with a brief introduction. This will be followed by a walk in the park and hands-on learning. Programs are free and open to adults and children. These events are not appropriate for younger children. Registration is preferred. Meet at the picnic shelter near the entrance to the park, 195 Herndon Parkway. Dress for the weather. Program meets on Sundays, 2-3:30pm. Rambles in Runnymede presented by Friends of Runnymede Park.

Trees in Early Spring

The flowers we often miss. A close look at twigs and buds.

March 10

460250.01

Catching the Light Before It Fades

Early spring wildflowers are in a hurry. We'll learn how they manage it, and why they have to.

April 7

460250.02

Be a Nature Detective

A peek at what animals are doing even when we can't see them. Learn how to look for and interpret clues to their activities.

May 19

460250.03



PARKS

Herndon Parks

Visit www.herndon-va.gov for a map of parks.

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct.-May, soccer field and a play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a children's play area, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. The park offers excellent opportunities for hiking, bird-watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling **703-435-6800 x2134** or the Town Community Forester at **703-435-6800 x2014**.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call **703-435-6800 x2014**.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court and an open play area. Shelter is available for reservations.

Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering. Call **703-787-7300** for more information.

Trailside/Runnymede Park parties up to 70:

Town of Herndon Resident:

Civic Group - \$40 Private - \$50

Non-Resident:

Civic Group - \$60 Private - \$75
\$20 nonrefundable deposit

Bready Park parties up to 140:

Town of Herndon Resident:

Civic Group - \$75 Private - \$100

Non-Resident:

Civic Group - \$120 Private - \$150
\$35 nonrefundable deposit

- Parks are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge
<ol style="list-style-type: none"> 1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met. 2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart. 3. All refunds are made by credit card or Town check depending on initial method of payment. 4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department. 5. No refunds or credit on account are given to those who have insufficient fund balances. 6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information. 7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away. 		

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- non-TOH residents (NR) are people living outside the town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: www.herndon-va.gov, and click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 19.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, February 13. Open registration for Non-TOH residents will begin at 10am on Tuesday, February 19.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on February 13 for TOH residents, and 10am on February 19 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOL** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, February 13 for TOH residents; and 10am, February 19 for nonresidents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the town of Herndon.



Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second and third choices.

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund (NOL). All scholarship funds are used to enable those who are unable to participate in programs or camps.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, February 13 at 10am at the HCC.**
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 19 at 10am at the HCC.**

PHONE: 703-787-7300

FAX: 703-318-8652

Spring 2013 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ HOME PHONE _____

WORK PHONE _____ EMAIL _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F	000000.00	Level 4	\$68	000000.00	000000.00
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$50 fee



MAIL TO:
Herdon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:
☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon
Parks and Recreation
P.O. Box 427
Herndon, VA 20172
www.herndon-va.gov

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2013 Herndon Festival

Historic Downtown Herndon
May 30 - June 2
Free Admission!

- Three Stages of Entertainment
- Kids Alley
- Arts & Crafts Vendors
- Carnival
- Fireworks - Thurs. & Sat.
- Food Vendors
- 10k and 5k Race & Fitness Expo
- Business Expo

Free Shuttle Bus Service
www.herndonfestival.net



Herndon Festival 10k & 5k Race



Sunday, June 2

Start training for the June 2nd races.

Both races will take you through historic downtown Herndon during the Herndon Festival weekend. Awards are presented to the top two finishers in each age group, from 10 & under, to 70 & over. Refreshments for runners will be provided at the conclusion of the race.

703-787-7300 www.herndonfestival.net

Produced by Herndon Parks & Recreation Department